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BEYONCÉ'S ON-AGAIN, OFF-AGAIN RELATIONSHIP WITH HER NEW RECORD IS MAKING SOME OF US FEEL, WELL, FIERCE

PAGE 9

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Hotel fire probed as 'suspicious'

The Quality Hotel in downtown Regina sustained an estimated $500,000 in damage during a fire on Sunday. JEFF MACKEY/METRO

Almost 200 occupants forced out. Blaze originated near dumpster, caused about $500K in damage

JEFF MACKEY
jeff.mackey@metronews.ca

A fire at a downtown Regina hotel forced close to 200 guests and staff out of the building in Sunday's early-morning hours, while flames crept up its walls.

The origin of the blaze at the Quality Hotel remains undetermined.

"You can say it is suspicious, but there's no source of ignition that we can determine," Gerard Kay, deputy chief of the Regina Fire Department, said in the afternoon as the investigation continued at the hotel on Victoria Avenue, just east of Broad Street.

Firefighters responded about 5:40 a.m., while the blaze prompted an evacuation and caused an estimated $500,000 in damage to the seven-storey building. No one was injured.

"We received a 911 call from the front-desk person," Kay said. "It came in as a garbage-dumpster fire, but when crews arrived on scene the flames were actually licking up the side of the building towards the fourth floor."

At the rear of the building, an area that housed a dumpster, a grease bin and wooden pallets was deeply charred while burn marks and broken windows remained up to the fourth floor.

"Crews quickly put down the fire with a mixture of water and foam. Meanwhile, the front-desk person activated the general alarm to evacuate the building's 197 occupants," said Kay.

"The flames did breach through a window on the main floor and into a conference room," he added. "Fortunately, this room's sprinkler system kicked in, suppressed the fire and kept it from destroying the inside of the hotel."

Hotel occupants were allowed back in about 7:20 a.m. The hotel was not at full capacity.

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Rowdy fan knocks member of Mötley Crüe to the floor

Estevan. Charges may be laid after man rushes stage, strikes guitarist Mick Mars

ROSS ROMANIUK
ross.romaniuk@metronews.ca

A heavy metal concert in Estevan was rocked on Saturday night when a man, rushing from the audience, knocked a guitarist to the stage's floor and grabbed the band's lead singer.

The incident abruptly stopped the Mötley Crüe show at Spectra Place. Security personnel and other staff rushed to the aid of guitarist Mick Mars before the rest of the band angrily walked off stage.

"What the f— is wrong with you, you f— idiot?" said singer Vince Neil, leader of the rock group.

The band later returned to the stage to finish its show.

The incident was captured on video and posted online. After apprehending the man, police in the city looked at footage of the incident while investigating on Sunday.

Estevan city police Const. Lana Gropp said the suspect, about 40 years old, told officers that he accidentally collided with Mars while trying to approach Neil.

"In his stride toward the singer, he bumped into the guitarist and knocked him over — not intending to, I guess, in his words. In his words, he didn't even touch the other gentleman," Gropp said.

"It appears, from the video ... like he had run into him. That's why it's an ongoing investigation at this point."

It was uncertain, Gropp added, whether charges would be laid against the suspect, a Saskatchewan resident from outside Estevan.

Mötley Crüe was scheduled to perform in Winnipeg on Sunday night.

Health problems

It appears that guitarist Mick Mars, 62, may have been fortunate if he wasn't seriously hurt. He reportedly has ankylosing spondylitis, a medical condition that gradually fuses bones together.

A video shot by a concert-goer shows arena staff attending to Mötley Crüe guitarist Mick Mars on the stage at Estevan's Spectra Place on Saturday night. SCREEN GRAB/RYAN SWITZER/YOUTUBE

Pet Expo joins kids and cats for cancer

An unlikely cancer-fighting duo. JEFF MACKEY/METRO

It was the furriest fundraiser that Regina has seen in some time.

A range of four-legged and feathered creatures — brought by pet stores, sanctuaries, shelters and other sources — descended on Conexus Arts Centre on Sunday for the Regina Pet Expo.

"There is everything from kitties, dogs, puppies, birds — there are no fish, I don't think — there are guinea pigs, bunnies and lambs," said Tia Lutz, an organizer for the event and executive director of Breast Cancer Action Saskatchewan.

Though it was the fifth annual Regina Pet Expo, it was the first time the event had been organized as a fundraiser for the breast cancer organization.

"We are all pet lovers and we wanted to host an event where other pet lovers could get together," Lutz explained. "We give free booths to dog rescues and the humane society and hopefully we'll get some animals adopted."

The event also included demonstrations, such as in sheep-herding. The Regina Police Service showed off its techniques with its canine unit.

The only things happier than the animals milling around were all the kids who got to meet them.

"There are tons of kids. They love it," said Lutz. "They can pet the animals, hold some kitties, maybe even adopt a dog."

JEFF MACKEY/METRO

Charges laid

Woman drives into a car, another car, the first again, then a nine-year-old girl

A Regina woman has been charged after ramming into two parked vehicles — one of them twice — and driving into a child in a parking lot this past weekend.

The 26-year-old was trying to back out of a parking stall on the 4000-block of Rae Street on Saturday at about 7:40 p.m. when she over-accelerated and struck another vehicle.

City police said she continued on, however, and hit another parked vehicle in the lot. Driving forward, she then slammed again into the vehicle she had initially hit.

The woman's vehicle also struck a nine-year-old girl in the parking lot. The child, who sustained minor injuries, was taken to Regina General Hospital and released later.

The woman has been charged under the Traffic Safety Act with driving without due care and attention.

METRO

Moose Jaw

Teen charged in auto theft, rollover

A teenage boy is facing charges after allegedly driving a stolen vehicle and rolling it in Moose Jaw before fleeing on foot.

City police began investigating on Sunday shortly before 9 a.m. Using a canine unit, officers tracked the 17-year-old — who was determined to have been alone in the vehicle — to a residence in Moose Jaw.

Police said that charges were pending against the boy for possessing a stolen vehicle, as well as for leaving the scene of an accident and several unspecified driving offences.

Damage from the crash is estimated at more than $25,000. METRO

Inmates just prisoners of love

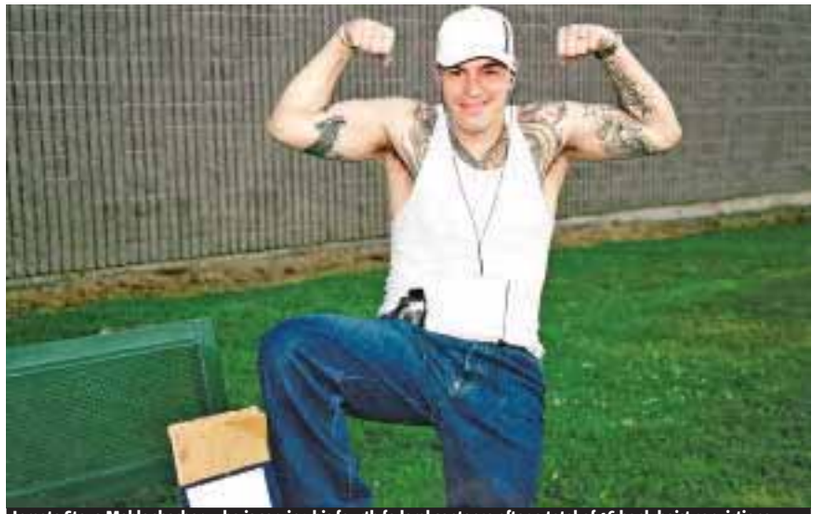
Hooking up. A dating website for Canadian convicts helps those behind bars find love on the outside

One bachelor says he can't be available for a first date for awhile — at least not before 2021. Another claims to hold the Toronto record for robbing the most banks in the shortest span: 11 financial institutions knocked off in four-and-a-half hours. "Not something I am really proud of," Alex Nikoloski writes.

The suitors are among dozens of male and female cons who have posted personal profiles and photos on a matchmaking website with a twist. This site hooks up people on the inside with those on the outside.

Canadian Inmates Connect Inc. showcases numerous prisoners serving life sentences and helps the incarcerated find pen pals and, perhaps, much more.

The 16-month-old website, which promotes some 40 convict profiles, has even churned out a few lockup love stories.



Inmate Steve Mehlenbacher, who is serving his fourth federal sentence after a total of 16 bank-heist convictions, met his girlfriend on the Canadian Inmates Connect Inc. website, which hooks up people on the inside with those on the outside. CANADIAN INMATES CONNECT HANDOUT/THE CANADIAN PRESS

The site's founder, Melissa, a 35-year-old Toronto mom, says she was inspired to start the website after seeing similar ones in the United States. Melissa says most of the profiled prisoners heard about the website through word of mouth and inmate committees. They mailed her a blurb, photos of themselves and a $35 annual membership fee.

For some, the results have led to jailhouse bliss.

Julie Young, 24, a single mother from Truro, N.S., credits the website for introducing her to a convicted bank robber she hopes to marry one day.

Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth federal sentence after a total of 16 bank-heist convictions.

Young plans to move across the country this month to be closer to her man, who's locked up in the medium-security Mountain Institution in Agassiz, B.C., about 140 kilometres east of Vancouver.

They have never met in person, but they exchange letters regularly and have daily chats on the phone.

THE CANADIAN PRESS

Quoted

"I would marry him because I love him and I see him having a really good future now."

Julie Young, 24. Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth sentence after 16 bank-heist convictions.

Recreational league

Soccer referee punched by teen player dies

A soccer referee who slipped into a coma after being punched by a teenage player during a game a week ago died Saturday night, police said.

Ricardo Portillo, 46, of Salt Lake City passed away at the hospital, where he was being treated, police said. Police have accused a 17-year-old player in a recreational soccer league of punching Portillo after the man called a foul on him and issued him a yellow card.

The teen has been booked into juvenile detention on suspicion of aggravated assault. Spokesman Justin Hoyal said authorities will consider additional charges since Portillo has died.

Portillo suffered swelling in his brain and had been listed in critical condition Thursday at the hospital in the Salt Lake City suburb of Murray.

THE ASSOCIATED PRESS

Uh, honey? Hive of 60,000 bees removed from cabin

It was the biggest beehive that Utah beekeeper Vic Bachman has ever removed — a dozen feet long, packed inside the eve of a cabin in Ogden Valley. "We figure we got 15 pounds of bees out of there," said Bachman, who said that converts to about 60,000 honeybees.

Bachman was called to the A-frame cabin last month in Eden, Utah. Taking apart a panel that hid roof rafters, he had no idea he would find honeycombs packed 12 feet long, 4 feet wide and 16 inches deep. The honeybees had been making the enclosed cavity their home since 1996, hardly bothering the homeowners.

The cabin was rarely used, but when the owners needed to occupy it while building another home nearby, they decided the beehive wasn't safe for their two children.

Bachman, owner of Deseret Hive Supply, a hobbyist store that can't keep up with demand for honeybees, used a vacuum cleaner to suck the bees into a cage.

The job took six hours. At $100 US an hour.

Bertagnolli reassembled the hive in a yard of his North Ogden home.

THE ASSOCIATED PRESS

Beekeeper Vic Bachman, left, and partner Nate Hall prepare to remove a 12-foot-long beehive from an A-frame cabin in Eden, Utah. It was the largest beehive the Utah beekeepers have ever removed, containing about 60,000 honeybees. CONTRIBUTED BY VIC BACHMAN/THE ASSOCIATED PRESS

'I dare you to do better'. Obama urges university graduates to reject cynics

Honoured

Ohio State University bestowed an honorary doctorate on Barack Obama, applauding his "unwavering belief in the ability to unite people around a politics of purpose."

- Also honoured was photographer Annie Liebovitz, whose images of Obama and his family have become iconic reflections on the nation's first black president.

A year to the day after kicking off his victorious re-election campaign on this college campus, U.S. President Barack Obama returned to Ohio State University and told graduates that only through vigorous participation in their democracy can they right a poorly functioning government and break through relentless cynicism about the nation's future.

"I dare you, Class of 2013, to do better. I dare you to do better," Obama said.

In a sunbaked stadium filled with more than 57,000 students, friends and relatives, Obama lamented an American political system that gets consumed by "small things" and works for the benefit of society's elite. He called graduates to duty to "accomplish great things," like rebuilding a still-feeble economy and fighting poverty and climate change.

"Only you can ultimately break that cycle. Only you can make sure the democracy you inherit is as good as we know it can be," Obama told more than 10,000 cap-and-gown-clad graduates.

The visit to Ohio State — the first of three commencement addresses Obama will give this season — was a homecoming of sorts for Obama, who has visited the campus five times over little more than a year, starting with his first official campaign rally here last May.

There was little direct mention of party politics Sunday, but ample allusion to the partisan battles that hindered many of Obama's legislative efforts in his first term and have continued unabated into his second.

THE ASSOCIATED PRESS

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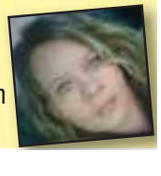

Syrian rebels enter air base

Regional involvement. Israel strikes at capital amid days of fighting

Rebels occupied parts of a military air base in northern Syria Sunday after days of fighting with government troops who have been defending the sprawling position for months, activists said.

The Britain-based Syrian Observatory for Human Rights said rebels moved deep inside Mannagh air base, near the border with Turkey, despite fire from government warplanes. The Aleppo Media Center says rebels captured a tank unit inside the base and that the base commander, Brig. Gen. Ali Salim Mahmoud, was killed.

The fighting came hours after Israeli warplanes struck areas in and around the capital, setting off a series of explosions as they targeted a shipment of highly accurate, Iranian-made guided missiles believed to be bound for Lebanon's Hezbollah militant group, officials and activists said.

The attack, the second in three days and the third this year, signalled a sharp escalation of Israel's involvement in Syria's civil war. Syrian state media reported that Israeli missiles struck a military and scientific research centre near Damascus and caused casualties.

Rebels have launched a wave of attacks on military air bases around the country in the past months in an attempt to deprive the army of a key weapon used to target anti-government forces.

Rebels have been trying to capture Mannagh air base for months but were only able to take small parts of it.

The Syrian conflict has killed more than 70,000 people according to the UN.

THE ASSOCIATED PRESS

The enemy of my enemy ...

Arab leaders' dilemma

Nearly all Arab states have sided with the rebels. And Israeli attacks were the type of response many had urged from the West. However, while Israel and many Arab states share suspicions about Iran, the perception that they're allied against Assad — even indirectly —- is strongly knocked by Arab leaders.

No leader wants to be perceived as OK'ing Israeli attacks. Arab League chief Nabil Elaraby warned of serious repercussions and called on the UN Security Council to "immediately move to stop the Israeli aggressions on Syria."

THE ASSOCIATED PRESS

Bangladesh continues to mourn

A woman is held as she grieves after identifying the body of her daughter, a victim of the garment factory collapse, Sunday, in Savar, near Dhaka, Bangladesh. The death toll from the collapse of a shoddily built garment-factory building in Bangladesh continued its horrifying climb, reaching 622 on Sunday with little sign of what the final number will be. The disaster is likely the worst garment-factory accident ever, and there have been few industrial accidents of any kind with a higher death toll. WONG MAYE-E/THE ASSOCIATED PRESS

Uncle of Boston bombing suspect arranging burial

The uncle of the Boston Marathon bombing suspect killed in a gun battle with police arrived at a funeral home Sunday to prepare his body for burial.

Ruslan Tsarni and three other men plan to wash and shroud the body of 26-year-old Tamerlan Tsarnaev according to Muslim tradition.

Tsarnaev, who was identified as Suspect No. 1, died days after the April 15 marathon bombing.

Tsarni told reporters that he is arranging for Tsarnaev's burial because religion and tradition call for his nephew to be buried. He said his friends came along to help him prepare Tsarnaev's body and he understands that "no one wants to associate their names with such evil acts."

Funeral home director Peter Stefan said he has received calls from people criticizing him and calling him "un-American" for being willing to handle Tsarnaev's funeral. A half dozen protesters gathered outside the funeral home Sunday.

"We take an oath to do this. Can I pick and choose? No. Can I separate the sins from the sinners? No," he said. "We are burying a dead body. That's what we do."

Stefan said he hasn't been able to find a cemetery in Massachusetts willing to take the body. THE ASSOCIATED PRESS

Libya

Gadhafi-era officials banned from government

Libya's parliament passed a law on Sunday banning officials who served under ousted dictator Moammar Gadhafi from government posts, a move that could push many of the country's new leaders from office.

The law injects a new dose of uncertainty into Libyan politics during a still-fragile transition.

THE ASSOCIATED PRESS

U.K. Senior lawmaker denies rape, sexual assault allegations

A senior British Conservative Party politician arrested on suspicion of rape and sexual assault said Sunday the allegations against him are "completely false."

Deputy House of Commons Speaker Nigel Evans, 55, was arrested on Saturday. He was questioned about sex offences that allegedly took place between July 2009 and March 2013 and was later released on bail.

Evans — who has served in Parliament for two decades and is one of Britain's most prominent gay lawmakers — said the allegations were made by "two people well known to each other" and who until a day earlier he had regarded as friends.

"The complaints are completely false and I cannot understand why they have been made, especially as I have continued to socialize with one as recently as last week," he said, thanking colleagues and friends who echoed his own "sense of incredulity" over the allegations.

He did not address whether he would stay on as deputy speaker in his brief prepared statement on Sunday, but a spokesman for the House of Commons confirmed that Evans had asked to be excused from chairing the Queen's Speech debate due to start on Wednesday.

Lee Bridges, the spokesman, said Evans had asked Speaker John Bercow to excuse him from the debate in the House of Commons and that the speaker was "happy to give him that" time, which could last about a week.

British officials, including Defence Secretary Philip Hammond, expressed shock over his arrest, while Foreign Secretary William Hague called him a "popular and well-respected member of Parliament."

Evans has been a lawmaker since 1992. In June 2010, he was elected one of the three deputy speakers for the House of Commons.

Later that year, he told a newspaper he was gay, saying he was "tired of living a lie" and that opponents had threatened to expose his sexuality.

"I could not afford it to be used as leverage against me," he told The Mail on Sunday at the time. "I couldn't take the risk. I don't want any other MP to face that kind of nastiness again." THE ASSOCIATED PRESS

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5 women headed to bachelorette party killed in limo blaze

Trapped inside. Cause unclear in fire that left vehicle burning on busy California bridge

A stretch limousine taking nine women to a bachelorette party erupted in flames, killing five of the passengers, including the bride-to-be, authorities and the mother of one of the survivors said Sunday.

The limo was carrying nine women and its driver when it caught fire around 10 p.m. Saturday on one of the busiest bridges on San Francisco Bay, California Highway Patrol officer Art Montiel said.

Five of the women were trapped, but the four other women managed to get out after the vehicle came to a stop on the San Mateo-Hayward Bridge, the patrol said. The driver of the limo — 46-year-old Orville Brown of San Jose — was the only person to escape unhurt.

Firefighters investigate the scene of the fatal limousine fire.
JANE TYSKA/THE ASSOCIATED PRESS

Rosita Guardiano told the San Francisco Chronicle that the woman for whom the bachelorette party was being thrown was to be married next month. Guardiano said her daughter was one of the survivors.

Investigators haven't determined what sparked the fire, but the patrol said the white stretch limo became engulfed in flames after smoke started coming out of the rear of the vehicle.

A photo taken by a witness and broadcast on KTVU-TV showed flames shooting from the back.

Aerial video shot after the incident showed about one-third of the back half of the limousine had been scorched by the fire. Its tail-lights and bumper were gone and it appeared to be resting on its rims, but the remainder of the vehicle didn't appear to be damaged.

THE ASSOCIATED PRESS

Pakistan's women need to rise as children fall

Women mourn next to the body of a child, who was killed in a weekend bombing, during a funeral in Karachi, Pakistan, on Sunday. Two blasts in Karachi killed three people on Saturday, near the office of a political party critical of the Taliban, heightening tensions ahead of the country's historic May 11 election. The election will bring a major first for democracy in Pakistan — the first time a civilian government has fulfilled its term and handed over power to another. But women still face an uphill battle to make their voices heard in the political process, as voters, candidates and in parliament, where they hold 22 per cent of the seats in the lower house. FAREED KHAN/THE ASSOCIATED PRESS

Haiti

Former president Aristide rebuilding party, source says

Former Haitian President Jean-Bertrand Aristide is trying to rebuild his political party as the Caribbean nation prepares for legislative and local elections, a prominent hotelier said Sunday.

In an interview with The Associated Press, Richard Morse, manager of the Hotel Oloffson, said he has met with Aristide three times in the past two weeks to discuss the possibility of his wife, Lunise Exume Morse, running under Aristide's party as a senatorial candidate in a vote that's supposed to be held by year's end. His wife attended two of the meetings, and the couple also met with a leader of Aristide's Lavalas Family party, Morse said.

"He's back, and he's trying to get good people on his team," Morse said of Aristide, who was ousted from the presidency twice.

THE ASSOCIATED PRESS

Sexual assault. Majority of victims don't trust courts, cops: Justice dept. survey

A majority of sexual-assault victims have little to no confidence in the police or the courts, according to a new government survey that echoes what advocates have been saying for years.

The responses in the Justice Canada survey indicate that two-thirds of the men and women who took part had no faith in the justice system, the process of filing a complaint and the prospect of a conviction.

The majority of victims did not even bother filing a complaint, the document says.

"Survivors also often feel they are not believed and are somehow to blame," says the report, called The Victims of Crime Research Digest.

The report surveyed 207 sex-abuse victims at six sexual-assault centres in mostly urban areas across Canada in 2009 and represented different demographic groups, including aboriginals in the North.

It found that the majority — including 70 per cent of the male participants — did not report the abuse.

Hilla Kerner of the Vancouver Rape Relief and Women's Shelter says the Justice Department findings are of no surprise.

"It's just the same old, same old," she said from her office.

Kerner said there are several failings in the justice system that result in many cases going unreported. She said police don't do thorough enough investigations, victims are made to feel that the assault was their fault, prosecutors rarely take the cases to court and the conviction rate is low.

THE CANADIAN PRESS

Hilla Kerner, from the Vancouver Rape Relief and Women's Shelter, says the survey findings are just "the same old, same old." ERIC DREGER/THE CANADIAN PRESS

Cancer prevention

Provinces weigh adding boys to HPV vaccine program

Alberta is looking at including boys in a school vaccination program that protects girls from a virus that causes cervical and other cancers.

Since the HPV vaccine was first offered to Grade 5 girls in 2008, the province estimates about 61 per cent between the ages of nine and 13 have received the shots.

This summer, Alberta's chief medical officials are to meet with their counterparts across Canada to discuss the effectiveness of the vaccine when given to boys.

Last month, the Society of Obstetricians and Gynecologists of Canada urged health ministers to include boys.

Dr. Saqib Shahab, Saskatchewan's chief medical health officer, said his government will be looking more closely at the idea later.

He said studies show boys are at less of a risk of getting cancer from the virus. Governments must also consider cost-effectiveness when compared to fighting other diseases. THE CANADIAN PRESS

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Southern Illinoisans fear for their natural treasures, like this spot in Ferne Clyffe State Park in Goreville. SETH PERLMAN/THE ASSOCIATED PRESS FILE

Cash or catastrophe waits underground

Southern Illinois. New drilling techniques have opened up idyllic land to the oil and gas industry

Deal with the devil?

"We need jobs. ... But will they just bring their own people in, tear our country up, destroy it and then pack up and leave us with a mess?"

Larry Richards, chairman of the Pope County Board of Commissioners

This is the Illinois that many people never see — the sparsely populated southern tip where flat farmland gives way to rolling hills, rocky outcrops, thick forests and cypress swamps.

Locals talk of generations who've lived on the same land. The remote and rugged Shawnee National Forest attracts hikers and horseback riders, offering a stark contrast to the rest of a state that has been largely plowed and paved.

But many here are bracing for change as the Illinois Legislature considers regulations that could set off a rush to drill deep in Illinois bedrock for oil and natural gas. The crews would use a process known as high-volume hydraulic fracturing, or "fracking," which has transformed the landscape in places like North Dakota and Pennsylvania.

Fracking uses high-pressure mixtures of water, sand or gravel and chemicals to crack rock formations and release oil and natural gas deep underground, allowing access to once out-of-reach deposits.

The industry could begin drilling in Illinois as soon as this summer if the legislature passes a regulatory bill.

Already, drillers have leased hundreds of thousands of acres, including in scenic Johnson and Pope counties.

Some residents envision an economic boom: Tens of thousands of workers drilling, local businesses barely keeping up with demand and municipal coffers flush with cash.

"This town could use an economic infusion," said Ron Duncan, Johnson County's economic development director.

Duncan worries that fracking could deplete water supplies, that there already is a shortage of rental housing and that a large stream of strangers might be more than locals bargained for.

But he also understands the wider economic benefit that could come if fracking creates jobs where there are no factories or Wal-Marts — the biggest employers are a pair of prisons and the school system.

"This really is a double-edged sword," he said.

THE ASSOCIATED PRESS

Risks, rewards of fracking split residents

Fracking is a gamble that many are willing to take.

"It could be a real good thing," said 23-year-old Frank Johnson, who lives in the Pope County seat of Golconda, a shrinking town of 670. He drives an hour to his job as a mechanic, but said many of his friends "had to go in the military" to get a job.

But 68-year-old Barney Bush, chairman of a Shawnee Indian settlement in northeastern Pope County says this area is too special to put at risk for what could be short-term gain.

"This is still a hard place to live in, but it's everything that's left to me," said Bush, who draws his water from a natural spring and hunts the forests for wild onions, mushrooms and herbs. He fears fracking fluid would spill and pollute the water, that the sites would destroy forests and bring hundreds of tanker trucks rumbling through the hills.

A bill setting rules for drilling is lingering in a House committee while lawmakers hash out last-minute details.

THE ASSOCIATED PRESS

Frank Johnson THE ASSOCIATED PRESS FILE

Calling all basement inventors: Industry Canada wants you

Home tinkering. Survey of consumer-innovators tries to assess how many Canadians are making the products of tomorrow in their own workshops

Gareth Grainger, 15, skateboards in downtown Vancouver in early April. Skateboards began as roller-skate wheels nailed to boards, a home-grown product later adopted and improved by manufacturers. Now, the federal government wants to tap into the skills of similar home inventors. DARRYL DYCK/THE CANADIAN PRESS FILE

The federal government wants to tap into the skills of obscure basement inventors and turn their tinkering into innovative consumer products.

A new survey for Industry Canada has found that almost 13 per cent of Canadians are so-called "private innovators," who have improved on consumer goods or created new products in the last three years.

Recent research in the United States and elsewhere has found similar numbers of ordinary basement tinkerers, regarded by some as a talent pool that consumer-products firms need to harness to find fresh profits.

Industry Canada paid $80,000 to a survey firm, Ekos Research Associates Inc., to determine how many Canadians were themselves making the products of tomorrow in their workshops. The department has said the Ekos survey is part of a larger project to encourage product development through consumer-innovators, including "framework laws, expenditure programs and regulatory-standards systems."

THE CANADIAN PRESS

Online shopping. Canuck e-tailers falling behind U.S. counterparts: Report

Canadian retailers who have delayed launching a robust e-commerce website are running out of time and face "their last wake-up call," suggests a new report on the state of online shopping in Canada.

The report by the U.S.-based Forrester Research, funded in part by Canada Post and Shop.ca, is based on surveys with 1,103 Canadian online shoppers and concludes that U.S. e-tailers are becoming better positioned to steal web revenues from home-grown companies.

"In the eyes of the consumer, the downsides of buying from a U.S.-based retailer rather than a domestic Canadian retailer are diminishing. Canadian retailers should be shaking in their boots," states the report.

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer."

According to Forrester, about 25 per cent of online spending by Canadians already goes through international websites. And the data suggests Canadian shoppers are growing increasingly comfortable with cross-border buying.

About 68 per cent of the online shoppers surveyed said they have shopped at a web store based outside Canada. Of those, 72 per cent said it was because they couldn't find what they were looking for from a Canadian e-tailer, and 59 per cent said cheaper prices contributed to their decision to buy abroad.

THE CANADIAN PRESS

Quoted

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer." Forrester Research report

Online auction

Apollo 11 artifacts to go up for sale

A U.S. auction house will soon accept bids on space and aviation artifacts, including an electrocardiogram of Apollo 11 Commander Neil Armstrong's heartbeat taken when he first set foot on the moon.

Amherst, N.H.-based RR will take bids on the EKG, which registered a normal heartbeat, and other artifacts during an online auction from May 16 through May 23.

Other artifacts include the joystick controller operated by astronauts Buzz Aldrin and Michael Collins in the Apollo 11 command module. Officials say over 85 lots of Apollo 11 material will be featured in the auction. THE ASSOCIATED PRESS

This joystick controller, used by Apollo 11 astronauts on their way to and from the moon, will be part of an online auction. RR AUCTIONS

It's something worth celebrating.

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Service starts July 2013

Blue carts will be delivered this spring.

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Recycling collection starts in July. If you currently receive City garbage service, a blue cart and program guide will be delivered to your home this spring. Watch for your cart and get ready to join the party.

For more information, visit
Regina.ca

City of Regina | REGINA Infinite Horizons

A WEDDING DRESS FOR EVERYONE

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

The world has changed.

It looks as if Jenny's Bridal Boutique didn't get the memo.

Rohit Singh, who is transgendered, walked into Jenny's Bridal Boutique in Saskatoon last month, picked out a dress for her wedding and asked to try it on.

The shop's proprietor, Jenny Correia, told her she didn't allow men to try on dresses in her shop.

And now Saskatchewan is in the news as one of those backwaters where enlightened social attitudes have yet to dispel the darkness, like Arkansas or Alabama and other Deep South states beginning with A.

Ms. Singh eventually found a place that would sell her a wedding dress and she and partner are now married. A happy ending, yes?

Perhaps, but she's not dropping it. There was a rally against Jenny and her bad attitude in front of the store over the weekend, and Ms. Singh plans to take it up with the Saskatchewan Human Rights Commission.

There was a time that public sympathy would probably lean heavily in the shop owner's favour, but not anymore. Now, according to the polls, two-thirds of Canadians are convinced that lesbian, gay and transgendered people should enjoy equal marriage rights along with heterosexuals, and presumably that includes trying on wedding dresses.

The bridal shop lady may think she's speaking for brides when she staunchly maintains that, "if you see a man trying on dresses, you're going to feel uncomfortable." But the silver slipper is likely to be on the other foot. Tolerance is in.

Unless it's tolerance toward believers in "traditional values." Legislators everywhere are beginning to honour equal rights — engaging in an unprecedented apology for ridiculing and discriminating against homosexuals — and changing the laws to grant equality.

Think about it. Now anyone, regardless of gender, can marry anyone else. And if one of the two goes to the not inconsiderable trouble of actually changing him to herself, it's the least society can do to sell her a dress. And maybe a pair of silver slippers.

Still, you don't overcome centuries of unchallenged belief overnight. Unless you do. This one was a long time coming, but once the momentum started to roll, the transformation was instantaneous.

Just ask The Donald, who was bowled over by Jenna Talackova, a one-transgendered-woman tsunami who overpowered the Miss Universe contest with the bat of a couple of glamorous eyelashes.

If the biggest mouth in America has to shut up and sit down, you know the times, they are a-changin'.

Congratulations, Mr. and Mr. and Ms. and Ms. and Mrs. and Mrs. wherever — and whoever — you are.

ZOOM

Round 1 ... and fight!

OLIVIER MAIRE/KEYSTONE/THE ASSOCIATED PRESS

Cows lock horns to establish hierarchy

The cow Schakira, left, fights against Champion, right, on Sunday. The cows battled during the traditional annual Combats de Reines (Combat of the Queens), a cow fight in Aproz, western Alpine canton of Valais, Switzerland.

Valais is home to a unique breed of cows, the Herens, also called Eringer cows. The female cattle are very robust and fight among themselves to establish a hierarchy within the herd.

The behaviour of the breed has given way to the organized cow fight, which attracts stockbreeders and spectators yearly.

THE ASSOCIATED PRESS

It's an uphill battle

- The cows' ritual happens every spring as the cows make their annual climb to high mountain pastures.
- The cows choose an opponent to lock horns with, and the fight ends when the defeated cow walks away. At the end of the tournament, the cow who hasn't been defeated is crowned 'the queen.'
- The queen becomes the leader, who guides the drove up the mountains.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Now that the days have swung from promising to spectacular, it's past time to start stocking the summer reading war chest. If you're already behind, don't waste any more valuable reading time wondering what to pick up. Just try these three sites for a few good recommendations instead.

Good Reads:

An all-purpose book lover's social network with author interviews, reviews and news on community events like book swaps. But the lists are where the magic happens — compiled by thousands of readers, the simple act of suggestion becomes a sprawling, epic covering of endless titles. (goodreads.com)

Shelfari:

A social network that's quite a bit like Good Reads, with a similarly robust stable of lists and tag clouds. However, Shelfari's community is a step above and throwing yourself into the mix with your own library titles and personal reviews makes it all the better. (shelfari.com)

What Should I Read Next:

All this talk of social networking and personal reviews sounds like too much effort? This is about as simple as it gets. If The Hunger Games led you to The Maze Runner and you're wondering where to go next, plug those titles into WSIRN's search engine and voila. (whatshouldireadnext.com)

Letters

As a teenager in Toronto, I strongly oppose underage drinking and feel that it is a growing epidemic in our society.

Recent studies have shown that more than 80 per cent of high school seniors in the U.S. admit to drinking alcohol. Further studies have shown that the average American has had his/her first drink at the age of 14. This is unacceptable, and is leading my peers into a lifestyle of substance abuse. Research shows that individuals who start drinking at a relatively early age are far more likely to become alcoholics.

Each year, approximately 5,000 deaths occur as a direct result of underage alcohol consumption. The parents of these children need to be more involved in their children's lives, and not turn a blind eye to what they're doing. They should set boundaries and keep a close eye on the type of crowd their children are hanging around with.

I believe that underage drinking is a major problem in our society. It should be brought up to parents and children and dealt with appropriately. We should do whatever it takes to try to prevent it. Parents shouldn't allow their children to go to unsupervised parties where there's going to be drinking. I believe that the consequences should be stricter.

Rahmeh Abdul-Jabbar, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Where's the album at?

Beyoncé. Release date rumours, album title rumours and cancelled press conferences has us all wondering the same question

MICHELLE CASTILLO
Metro World News

Beyoncé has been dropping hints for a while, but she hasn't dropped an album. GETTY IMAGES

Is it out? Is it coming? Why hasn't Beyoncé's album dropped? Metro walks you through the winding road of pushed back release dates.

JANUARY 10

The February 2013 GQ cover story announces that Beyoncé's album could come out as early as April. She says the album will be mostly R&B.

"I always have my Prince and rock/soul influences. There's a bit of D'Angelo, some '60s doo-wop. And Aretha and Diana Ross," she commented.

FEBRUARY 11

The singer hints that the new album will be "a lot more sensual" and "empowering." So, she's still a fierce, independent woman, but she's crazy in love and bootylicious?

MARCH 10

A fake track list for Bey's new album surfaces online. Knowing what we know now, there's probably no chance that Ratchet (feat. Lady Gaga & Azealia Banks) and More Than Sex (feat. Ne-Yo) are real songs, seeing that all the singles she has released or previewed were not on the list.

MARCH 17

Beyoncé releases Bow Down/I Been On on her website.

"I took some time to live my life, but don't think I'm just his little wife."

MARCH 19

MediaTakeOut reports that Beyoncé's new album will come out in fall 2013 now because the two songs that were released — Nuclear and Bow Down — were not doing so well.

"No one thought that both (songs) would fall flat. They were supposed to be her biggest two songs off the album," a source told the website.

MARCH 28

Rolling Stone reports the new album is called Mrs. Carter (but reports on later dates say the album is yet-to-be titled).

APRIL 3

Producer The Dream says Bey has a "very sexual" track called IV Play.

"She's talking about her man, hopefully," he said about the song during the radio program The Angie Martinez Show. "She was talking that talk. That's one of the best performances I've heard from her in that way."

APRIL 4

The new single Grown Woman is released in a minute-long Pepsi advertisement. The video features Beyoncé in a room full of mirrors. Each show a reflection of one of her old looks.

APRIL 8

MTV says in a story about Kelly Rowland that her colleague Beyoncé will release an album within eight months.

APRIL 23

Don't fret: Gwyneth Paltrow said Beyoncé's album will be out soon. She told Digital Spy that she's heard a "lot, lot, lot" of the songs, but she doesn't know which ones will be left on the cutting room floor.

APRIL 23

Beyoncé performs Grown Woman in Paris, but the unnamed album and the track still have no release date.

APRIL 25

Beyoncé debuts a 90-second clip of a new song called Standing on the Sun for her H&M ad campaign.

MAY 1

A publicist told Metro that a Beyoncé press conference in London, scheduled to promote her role in the animated film Epic, has been cancelled, along with a press screening of the film.

Perhaps this means she's finally finishing that album? Maybe.

Steve Carell answers a fan question at The Office Wrap Party at PNC Field. JASON FARMER/THE ASSOCIATED PRESS

The Office. 10,000 fans show up to meet stars at Wrap Party event

The actors who play Pam, Jim, Dwight and other beloved characters from the popular NBC show The Office bade farewell on Saturday to the northeastern Pennsylvania city of Scranton that served as the TV setting for their fictional paper company.

The NBC mockumentary about a clan of quirky cubicle-dwellers wraps up May 16 after nine seasons, and a crowd estimated at 10,000 attended a Wrap Party in Scranton to show their appreciation.

Jenna Fischer, John Krasinski, Rainn Wilson and other stars rode in classic convertibles and posed for hundreds of photos as fans thronged around them. The stars later took the stage in front of the Lackawanna County Courthouse and played a concert with The Scrantones.

Steve Carell, who played office boss buffoon Michael Scott, wasn't expected to make an appearance but surprised fans at a celebration later outside the city at PNC Field, home of the New York Yankees' Triple A affiliate, The Scranton Times-Tribune reported.

On stage Saturday, Wilson paid fans the ultimate backhanded compliment — befitting his character, Dwight Schrute, a paper salesman utterly lacking in social graces.

"The Office fans are the greatest fans in the world!" he said. "Next to Seahawks fans." THE ASSOCIATED PRESS

Reese Witherspoon. ALL PHOTOS GETTY IMAGES

Reese: BFFs with cops

Reese Witherspoon is continuing the damage control after her arrest last week in Atlanta for disorderly conduct. On Saturday, the actress was spotted arriving at LAX with one curious accessory: a hat bearing the seal of the Atlanta Police Department, People.com reports. We're guessing this is an attempt by the actress to show the world that, "Hey, the cops and I are cool, OK?" but we're just curious about how she got that hat in the first place. Was it a parting gift after her time being booked in the station? We're guessing it wasn't part of the latest swag bag she got.

Twitter

@SirPatStew
Nothing like an early start to the weekend - though not when your hotel is on fire.

@snooki
I love the smell of good hairspray

@Sethrogen
I just impulse bought a 15 pound brisket.

@mindykaling
In Soho, Chanel is across the street from Crocs. High 'n low baby #nyc

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Billy Ray Cyrus is clueless and Clint Eastwood is wife-less

STARGAZING
Malene Arpe
scene@metronews.ca

As part of their divorce settlement, Joe and Tina Simpson split the life insurance policy on Jessica Simpson. Kris Jenner sends a "Kongratulations on being trail blazers" kard.

Billy Ray Cyrus says even he doesn't know when Miley and Liam Hemsworth will get married. That's not surprising. He also doesn't know that we all know he's wearing a wig.

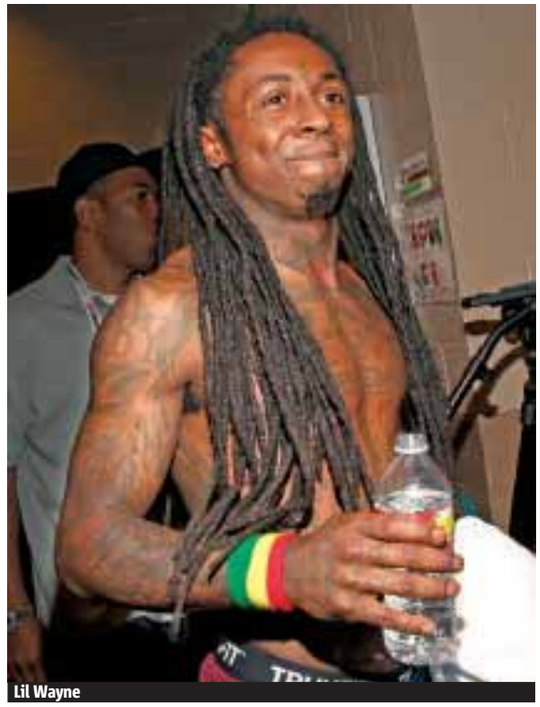
The Kardashians vacation in Greece. That explains the recent mass demonstrations in Athens.

Morgan Spurlock, who's working on a film about One Direction, says the documentary will include a doctor talking about what goes on inside a young girl's brain and body when she hears the boy band play. The doctor says, "The neural and physical symptoms are configured in such as way as to create a psychological as well as corporal matrix of stimuli and after 23 years of intensive studies of the phenomenon of boy bands and their influence on teen girls, the conclusion is Blarg! OMG! Swoonerific!"

Amidst rumours of marriage trouble, Clint Eastwood takes off his wedding ring. He also goes shopping for a new sports car, gets a tattoo and lowers the waist of his pants to a jaunty four inches below his arm pits.

Lindsay Lohan may be launching a website about "art, fashion, music and movies." It will be a lot like Gwyneth Paltrow's site, except mostly about falling down in night clubs.

Alleged comedy Two And A Half Men will be returning next season without Angus T. Jones. Thus necessitating a change of the show's name to Two Men And A Blurry Photo On A Coffee Table.



Lil Wayne

Pepsi cutting ties with Lil Wayne

PepsiCo is bowing to public pressure for the second time in a week and cutting ties to Lil Wayne over the rapper's crude reference to civil rights martyr Emmett Till in a song. Lil Wayne, one of the biggest stars in pop music, had a deal to promote the company's Mountain Dew soda.

Earlier this week, PepsiCo also pulled an online ad for the neon-coloured soda that was criticized for portraying racial stereotypes and making light of violence toward women. That ad was developed by rapper Tyler, the Creator.

On Friday, PepsiCo said in a statement that Wayne's "offensive reference to a revered civil rights icon does not reflect the values of our brand." It declined to provide any further comment.

A publicist for Lil Wayne, Sarah Cunningham, said that the split was due to "creative differences" and that it was an amicable parting.

THE ASSOCIATED PRESS

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Cooperation

Don't ask your kids, tell them

Do not pose instructions as a question.

"Do you want to put your mitts on?" will often get a reply of "NO!"

Use an "it's time to..." statement.

"It's time to put your mitts on."

If "NO!" still happens you can say, "Oh, I didn't ask you, I was just letting you know what time it is."

ANDREA MAIR OF YUMMYMUMMYCLUB.CA

Environment

Diaper disposal does double duty

Want to know a clever way to make your dollar stretch further, get your baby gear doing double duty and be environmentally friendly?

When you've moved beyond diapers to toilet training, don't throw out that diaper disposal unit. Put it in your kitchen and use it as a dedicated organics disposal! It's smell proof, self-contained, and foot-pedal operated. What more could you want?

KAT INOKAI OF YUMMYMUMMYCLUB.CA

Exclusively online

Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Where does religion fit in?

Soul searching. Mom worries if she should be introducing some spirituality into her child's upbringing

JULIE M GREEN
YummyMummyClub.ca

Should children be introduced to religion or allowed to make up their own mind when they are able? ISTOCK

After a recent near-miss faux pas (whereby I almost signed off an email wishing a Jewish acquaintance a Happy Easter), religion is at the forefront of my thoughts.

Though we were both raised Catholic, my husband and I made a conscious decision to eschew religion when raising our son. At the risk of facing the ire of in-laws, we decided not to christen him or to subject him to regular mass or sacraments. He is attending a public school.

Like many parents, we do not want to force a particular faith onto our child. Rather, we want him to make an informed decision about his own spirituality when he is old and mature enough to do so. Until then, we try to impart our Christian values in a loose, fairy tale way. While it may be naive of me to think you can cherry pick parts of a given religion and discard those that leave a bad aftertaste, so be it. Yet part of me wonders if agnosticism is truly the right move.

I wonder whether he is missing out on a distinct sense of community and tradition. When you don't belong to a religion, you are adrift. You have friends and family, sure, but no spiritual raft. Are we doing our son a disservice by leaving him out at sea with no oar?

For those who staunchly believe, faith creates order out of chaos, meaning out of meaninglessness. But at heart I'm a Lennonist (not to be confused with Leninist!). As in John Lennon, of Beatles All-You-Need-is-Love, fame.

I'm a big believer in love over rites and rituals. Given the choice, I'll choose human kindness and acceptance over doctrine and dogma any day of the week. Jesus loved sinners. However, I've come to the sad conclusion that the Church does not. But who knows what will happen with a fresh new pope in situ.

Though I wouldn't liken a religious upbringing with child abuse, as some atheists famously do, I question whether it is selfish to blackball my son's spiritual education. If we don't teach him, how will he know what he's missing? Will he resent us for not versing him in the ways of the Bible or introducing him to God, Allah, and Buddha?

Want a perfect photo? Use whiskey

When I photograph my kids, there is one basic understanding that I have with them: I just need ONE good photo.

The faster that they cooperate and give me that one photo, the faster they are free to go and build Lego/colour/play Minecraft. If they grimace or scowl, they just drag out the process. I don't want to spend an hour taking photos, and they don't want to spend an hour posing. This doesn't always work when your kids are wee, of course.

Scowls aside, here are five tips for taking great photos of your kids.

1. Use whiskey

Not the beverage; the word. Unless, of course, a shot of whiskey is your thing. If you try to make your kids smile by telling them to say "cheese" their smiles will look cheesy. If you have them say "whiskey" (or "monkey" if you have an adverse reaction to whiskey), their smiles look more natural.

2. Shoot them (off-centered)

The technical term is "Rule Of Thirds," but the gist of it is this: You do not want them right smack in the middle of the frame. Move them to the right or left of centre and you will have a shot that is instantly better.

3. Fill the frame

If you are hoping to capture a good portrait of your child, zoom in and fill a large portion of the frame with her face. To get an even more dynamic shot, crop out the top part of her head.

4. Catch them when they aren't looking

We all seem to be programmed that the best shots are the ones where our children are looking at the camera smiling the perfect smile, and showing the world how adorable they are. Sometimes a great photo of them occurs when they are not even aware that you are snapping their photo.

Tell the kids to say 'monkey' instead of 'cheese' and you'll end up with a less 'cheesy' smile. ISTOCK

5. Break all of the rules

Try different angles, different perspectives, different crops. You may end up with a photo that is timeless.

ANGELLA DYKSTRA OF YUMMYMUMMYCLUB.CA

metro

CAMP GUIDE

Monday, May 6, 2013

When going away to summer camp, make sure you pack extra changes of clothes for warm weather and cool weather situations. DARRIN KLIMEK/LIFESIZE/THINKSTOCK

What to pack and not to pack

With all the electronics kids have these days, from iPods to video game consoles and cellphones, parents should inquire about a camp's policy on these devices.

Cellphone use, in particular, might raise concerns about a camper's independence away from home. Those that allow cellphone use would be in the minority of camps and many camps are simply out of range for most cellphone use anyway.

Some camps allow periodic phone calls from parents on traditional land-line phones, or will print out emails from home and distribute them like mail, but others don't allow non-emergency contact because they want to encourage a camper's adjustment and to discourage interruptions.

What you should take with you to camp is going to vary on what camp you are attending and what activities you will be doing.

Some camps have this information available on their website or will provide you with this information when you register.

Here is a list of some of the basics, but check with your camp on what to bring and what to leave at home before you pack. Remember to label your belongings.

What to remember:

- Swimwear and sleepwear
- Comfortable, loose clothing
- Extra changes of clothes for warm weather and cool weather
- Rain gear
- Sunscreen (or any other UV protection)
- Hat with a wide brim
- Insect repellant
- Toiletries such as soap and shampoo, etc.
- Sturdy footwear that can handle rugged terrain
- Bedding
- Several towels
- Flashlight and extra batteries
- Refillable water bottle
- Optional items such as cameras, writing supplies, musical instruments, books, games

What to leave at home:

- Portable MP3 players and other music players
- Cellphones, PDAs, etc.
- Expensive items that will devastate your child if they are broken or lost
- Too much money — a modest amount is all that's needed to buy the occasional treat or souvenir at the tuck shop.

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Prepare your children before camp

You can prepare your child for the new and uncertain, yet highly rewarding, experience that will be encountered at camp through friendly chats about things that might seem different. You will think of many things to talk about.

Here are a few to start off with:

- Darkness: You might mention the difference between the bright lights in the city at night and the quiet beauty of the star-studded evenings in the country. Sitting around the camp fire at night will seem exciting and different to youngsters.
- Noises: Normal city noises of sirens, buses, horns, airplanes will be exchanged for the sounds of small animals, the chirping of crickets, owls hooting, etc.
- Children: Mention that there are different kinds of children and that it will require "give and take" to get along, to make friends and to get the most out of living at camp.
- Religion: People have different religious customs, but each has a right to believe in their own way.

METRO NEWS SERVICES

Camper FAQ. Comforting your children

Camping Association of Nova Scotia compiled these frequently asked questions that parents and new campers often have. If you have specific questions, don't hesitate to contact the camps.

I am a little nervous. What if I do not know anyone?
It can be scary, especially if you are shy, going to camp when you don't have any friends going with you. One of the great things about summer camp is that you will get to know a ton of people. You may not have any good friends going to camp with you, but you will leave camp with some great new friends. Remember that there are lots of other campers who will be in the same boat when they arrive, and you aren't not alone in feeling a little nervous.

What if someone is bullying me? (or a friend?)
Firstly, you should know that counsellors and directors are available, able, and willing to intervene if something goes wrong. There are a variety of ways counsellors can directly engage children in bullying prevention. Cabin chats, all-camp meetings, and campfire talks are ideal situations for campers and counsellors to establish rules that promote respect, and discuss concerns about bullying behaviors or incidents.

What if I get sick?
If you find yourself not feeling well you should let someone know like a counsellor, director, or the camp nurse. Your counsellor can tell you who on staff to see for medical advice or help or take you to that person. It's important to let someone know if you are feeling sick because you want to stay safe and healthy and also make sure others are safe and healthy.

What if I am afraid of bees, water, the dark, etc.?
If there is anything you uncomfortable with, you should let someone know. None of your counsellors or new friends want you to feel uncomfortable. If you are afraid to walk somewhere alone, ask a buddy; if you are feeling anxiety about the water, tell a counsellor. It's your time to have fun at camp, so be sure to tell someone if you are feeling anxious or uncomfortable so they can help make the best of your camp experience.

METRO NEWS SERVICES

Answers will form the right choice

If you are looking to choose a summer camp experience for your child then you already have an understanding of the positive impact summer camp can have on children.

The answers to these following questions should allow you to form reasonable expectations of the camp you choose for your campers.

1 What is the camp's staff-to-camper ratio? This ratio indicates the overall level of supervision that the camp can provide your camper. Counsellor/camper ratios should be no larger than 1-to-8 for children younger than seven, or 1-to-12 for children ages eight to 16.

2 What measures does the camp take to ensure the safety of the campers? This question addresses supervision and the quality of staff. You should learn about the ages and qualifications of the staff, the camp's protocols of supervision and risk-management (buddy systems, cabin checks), and the guidelines set for campers (boundaries, water safety).

3 What is the camp's staff return rate? A high staff return rate indicates good staff supervision, dedication to camp programs, and a high level of tradition.

4 What programs does the camp offer? Are you looking for a traditional and varied camp program, or a camp where campers hone a particular set of skills/talents?

5 How do campers choose their programs at camp? Asking for a description of a "typical day at camp" will give you a good idea of the campers' schedule, and will help you determine whether or not the campers' time is being spent productively, actively, and enjoyably.

6 What does the camp director/staff want the campers to take away with them at the end of their camping experience? The camp director's answer to this question will reveal the overall values and philosophies of the camp.

7 How does the camp and staff deal with issues like homesickness, bullying, and campers with special needs? Staff should be trained in such areas as age-appropriate needs, behaviour management, methods of inclusion, and skill development.

Choose a summer camp that will have a positive impact on your child. ISTOCKPHOTO/THINKSTOCK

8 What is the camp director's background and what are their qualifications? The camp director's age, experience, education, character, and overall level of maturity will determine their ability to run the camp safely, smoothly, and interact appropriately with staff and campers. The camp director is the person ultimately responsible for the care of your camper.

9 What kind of health-care facility/staff is available to the campers?

METRO NEWS SERVICES

GIRLS IN THE GAME
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South Meets West: Fried chicken with an Asian twist

Miso-Smothered Chicken. MATTHEW MEAD/THE ASSOCIATED PRESS

The U.S. South's love affair with fried chicken is being challenged by an unlikely influence: The North. Southern food has always been a confluence of cultures, it just happens that it's now the North that is infusing its ideas in the culinary mix.

This chicken dinner by Brooklyn-born Kentucky chef Edward Lee blends a staple of Southern cooking with two Asian ingredients.

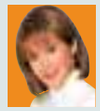
1. In a large bowl, mix flour, salt, cayenne and garlic powder. Add chicken and toss to coat.
2. In a medium Dutch oven over medium, heat the oil until it shimmers. Add chicken pieces skin-side down and cook, turning once, 8 to 10 minutes. Transfer chicken to a paper-towel-lined plate and set aside.
3. Pour off all but 30 ml (2 tbsp) of oil from the pot. Reduce heat to medium-low and add onions. Cook, stirring occasionally, 12 to 15 minutes. Stir in garlic and cook for 1 minute. Add bourbon and cook until liquid has evaporated, about 2 minutes.
4. Stir in chicken stock, orange juice, soy sauce and miso and bring to a simmer. Return chicken to the pot, cover and simmer until it is cooked through, about 30 minutes.
5. Add mushrooms and simmer, uncovered, until they are tender and the sauce is the consistency of a gravy, about 10 to 15 minutes longer. Serve with rice. THE ASSOCIATED PRESS

Ingredients

- 125 ml (1/2 cup) flour
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) cayenne pepper
- 5 ml (1 tsp) garlic powder
- 4 bone-in, skin-on chicken thighs
- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) chopped onions
- 15 ml (1 tbsp) minced garlic
- 80 ml (1/3 cup) bourbon
- 500 ml (2 cups) chicken stock
- 100 ml (1/2 cup) orange juice
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark miso
- 8 oz shiitake mushrooms, stems discarded, thinly sliced
- Cooked rice, to serve

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Everything in moderation is the key — especially when it comes to pastries. But some items are better left on the shelf.

Gourmet Cupcake With Icing

1125 cal/ 61 g fat/ 117 g sugar
Next time you're ready to inhale that cupcake, remember you're consuming close to your daily calories, fat and three days' worth of sugar!

Equivalent

One gourmet cupcake with icing is equivalent in calories to two cans of whipped cream.

4 French Macaroons

280 cal / 13 g fat/ 28 g sugar
These wonderful and different flavoured macaroons are filled with buttercream, and are more satisfying than the jumbo cupcake.

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Lunch. Honey-Paprika Chicken With Roasted Oranges

1. Heat the oven to 200 C (400 F). Coat a rimmed baking sheet with cooking spray.
2. Slice off and discard the ends of oranges. Cut each orange into 4 thick slices. Arrange slices in a layer over baking sheet.
3. In a small bowl, mix together paprika, garlic powder, chili powder, salt, cumin and ginger. Stir in honey and broth to form a thick paste. Rub the paste thickly and completely over each chicken thigh, then set the thighs in an even layer over the orange slices. Scatter the olives over the chicken. Roast for 25 minutes, or until the chicken reaches 165 F.
4. Divide chicken and olives between 8 plates. Use tongs to squeeze 1 or 2 orange slices over each serving.
THE ASSOCIATED PRESS

Ingredients

- 4 navel oranges
- 50 ml (1/4 cup) smoked paprika
- 30 ml (2 tbsp) garlic powder
- 10 ml (2 tsp) chili powder
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground dry ginger
- 50 ml (1/4 cup) honey
- 30 ml (2 tbsp) chicken broth
- 2 lbs boneless, skinless chicken thighs
- 250 ml (1 cup) mixed marinated olives, sliced

You're more capable than you may know

Talents you have tucked away. Rev up your resumé by reflecting on your own transferable skills

YLVA VAN BUUREN
CareerBear.com

Perhaps you'd like to forget the time that you dealt with customer complaints, but if you kept your cool in these difficult situations, that could be a serious plus for your CV. ISTOCK

If you think you have little or no experience to offer prospective employers, think again, says Sandy Johnson, vice-president of NEXCareer.

We all get experience and skills from different places and various aspects of our lives, says Johnson. These versatile talents that serve you well in different jobs are often identified as "transferable skills."

"Sometimes we have difficulty seeing these competencies because they're such an integral part of who we are that we don't notice them," says Johnson. "But they're the same ones that make us stand apart."

If you are looking for a new job, identifying your transferable skills is the start to exploring what's next. Then, your goal should be to articulate skills in a way that a prospective employer can understand how they relate to the role that they're trying to fill.

"You need to connect the dots for employers so that they can see how you can bring value to their organization," Johnson says.

Here are five common roles and some examples of their transferable skills:

Full-time parent/ homemaker:
"This is a huge job that is so all encompassing, and some of the skills can be translated into a business context," Johnson says. For example, maintaining your home and property may require similar expertise to managing an office when it comes to selecting contractors or other suppliers. A homemaker has the skills to facilitate smooth daily operations much like skills that are valued in the workplace — project management skills (booking a family holiday), negotiation skills (you do it every day with your kids), and time management skills (reacting to changing priorities at home).

Labourer
Manual and other labourers have a range of transferable skills, says Johnson. "The ability to take direction and work independently as well as take initiative and deliver results is highly valued in many roles." Labourers are often task-oriented and show strong problem-solving skills to ensure a job well done within certain requirements and time frame (for example, finding faster/better ways to have flats of flowers planted by noon or dividing responsibilities amongst team members to accelerate the process).

Administrative assistant
Whether supporting one person or a team, this type of position demands organizational and planning skills, management of multiple parties with conflicting agendas and needs (boss, team members, clients, suppliers, etc.), confidentiality and discretion, multi-tasking and prioritizing, ability to improvise and being able to calmly make decisions.

Call centre representative
"Working with the public can be incredibly challenging because you're often on the receiving end of complaints and negative feedback. The ability to provide diplomatic and courteous service while making sure the customer is heard is a huge skill-set, appreciated everywhere," says Johnson. You need to demonstrate exceptional communication skills not just with the customer but with the rest of the team as well. This position entails diagnosing problems and offering solutions. You've got to be able to think on your feet and know when to escalate an issue. Follow-up and follow through are important.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

What are my strengths, sister?

It's helpful to have somebody to consult with when you're identifying your transferable skills. Other people can sometimes see your talents more clearly than you can see them yourself, says Johnson. Here's a quick exercise to help.

- Write down skills that contributed to past accomplishments (for example, leadership skills on your basketball team, planning skills for organizing an event).
- Write down skills you've been complimented on (for example, you have been told that you are a good listener or have great interpersonal skills).
- Think about activities that make an exciting experience for you and how it has impacted your success (for example, your passion for always taking on a new sport may indicate you are a quick learner and can easily adapt to new challenges).

Sir, how soon can I go soak up the sun?

Give me a break. You've just landed a new job but you're itching to jet away. Is it too soon to put in the request?

JULIA WEST
Metro World News in New York

Once you've put in a solid half year at your new job, feel free to start dreaming of surf and sand. ISTOCK

The season for summer getaways is fast approaching. But for those who are still wet behind the ears in a new position, is vacation really a possibility? Some companies have a clear policy of when an employee can cash in on paid time off, while others are more vague.

We asked the experts just how soon is too soon when you're a recent hire.

The first ninety days at a company are usually a trial period when the employee gets situated. In most cases, paid time off is accrued after that.

"For this reason, it is generally advisable to not take a lengthy vacation, more than two days off, for at least six months.

"Even better — wait until you have completed your first year at your new job," suggests Lahle Wolfe, writer for About.com's Guide to Women in Business.

If you have travel plans prior to starting, it's best to be upfront about it.

"If you know you have a major vacation planned when you receive a job offer, it's best to be honest about it with the hiring manager," says Lori Hourigan, regional manager for staffing firm Robert Half.

"If you explain the situation and give enough advanced notice, most supervisors will try to accommodate your existing plans."

When you don't have prestanding plans it's important to go into vacation negotiation delicately.

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period," Tina I. Hamilton, a professional in human resources and president and CEO of hireVision Group, Inc. "And defer to the vacation requests of more tenured staff whenever possible. These considerations will pay off for you in the long run, and as you get established, your peers will do the same for you."

Make yourself comfortable at work, live it up when the weekends come and start planning an outstanding vacation for next year.

Vacation consideration

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period."

Tina I. Hamilton
President and CEO of hireVision Group, Inc.

metro

NURSING WEEK

Monday, May 6, 2013

An evolving profession

CHRIS EDWARDS
For Metro

National Nursing Week is celebrated by nurses of both genders, in communities across Canada. Their story is still being written. ISTOCKPHOTO/THINKSTOCK

National Nursing Week celebrates a profession with a complex history. While some may know the story of Florence Nightingale, hers is but one moment in the development of the nurse — a role that has evolved from servant and helper to independent, organized, medical leader.

Canadian nursing, as we know it today, is the product of reform. New medical technologies, along with advances in hygiene, had allowed Canadians, by the middle of the 19th century, to see the hospital as a place to go for care, rather than simply a place to die.

Nursing came to be seen as an acceptable career for women. Nightingale, the British nurse who proved her mettle in the Crimean War, helped make that possible. She agreed to provide lodgings and salary to nurses who followed her to the Crimea; in exchange, they abided by her rules. She emphasized both training and conduct, and worked to differentiate the role of nurse from that of the doctor, sometimes with difficulty.

Nightingale's ideas found their way to Canada. The first Canadian training school for nurses, part of the St. Catharines General Hospital, opened in 1873. By 1909, there were 70 such schools in the country. This period also saw the formation of a national representative body for nurses, now known as the Canadian Nurses Association (CNA).

Nursing, as a profession, had grown in popularity and esteem. But Nightingale's emphasis on the subordinate role of the nurse — and, by extension, of women — still had to be challenged.

The outbreak of the Second World War again put emphasis on the role of the Canadian nurse — and led to a shortage of them. The federal government intervened, allocating funds for nursing education, while publicity campaigns reached out to young women who, suddenly, had more career options available to them. In the years that followed, union activity among nurses increased — many advocated for improved working conditions and better pay.

Calls for a day of recognition began around this time. The International Council of Nurses first celebrated a Nursing Day in 1965; and, in 1974, the U.S. government established National Nursing Week. The Canadian government followed suit in 1985.

Today, National Nursing Week is celebrated by nurses of both genders, in communities across Canada. Their story is still being written.

Campaign. Nurses say 'It's about time'

The Canadian Nurses Association (CNA) campaign to raise awareness about nurse practitioners (NPs), which focuses on how NPs improve access to quality health care and reduce wait times, was recently launched on Prince Edward Island.

More than four million Canadians are without access to a primary health-care provider, while those that have one often have difficulty accessing care. The result is an unsustainable, heavily burdened and overcrowded health-care system. As the national professional voice of registered nurses (RNs), the CNA strongly believes that adding more NPs will improve access, lead to a greater number of health-care options and enhance care for the whole patient.

"Nurse practitioners have been an important part of Canada's health-care system for decades," said CNA president Barb Mildon. "But Canadians would get a lot more benefit if the health-care system allowed more NPs to work to their full scope of practice. Given the current strains on our system, there's no better time to harness the full capabilities and expertise of NPs. They're an existing resource with a track record for improving Canadians' access to primary health care."

NPs are RNs with additional education, advanced knowledge and nursing experience, who work collaboratively with other nursing colleagues and health-care providers. They deliver and co-ordinate high-quality care, order tests, prescribe medications, and diagnose and manage chronic illnesses. NPs are part of health-care teams in a variety of settings, including community clinics, doctors' offices, nursing homes and hospitals. In B.C., Alberta and Ontario, NPs have authority to admit and discharge patients in hospitals and other facilities.

There are more than 3,000 NPs in Canada, and every provincial and territorial government has NP legislation in place.

The campaign — whose slogan is "Nurse Practitioners: It's About Time!" — is led by the CNA, in conjunction with ARNPEI. METRO NEWS SERVICES

Nurses work with people of all ages, backgrounds, and levels of health, in all kinds of different settings. FUSE/THINKSTOCK

Appreciate the knowledge, skills

May 6-12 marks National Nursing Week in Canada. Across the country, registered nurses (RNs) and registered practical nurses (RPNs), along with their colleagues, staff, and even patients, will be acknowledging the hard work nurses do every day. But this year's theme, A Leading Force for Change, reminds us that nursing is about even more than that.

"Nursing is a profession of leaders — and it is nurses who drive the profession to evolve," says Barb Mildon, president of the Canadian Nurses Association (CNA). "National Nursing Week helps the public to appreciate the knowledge, experience, and leadership skills these nurses bring to their work environments."

But the week does more than simply celebrate nurses. It is also gives them opportunities for professional development. Nurses can attend a mix of activities during National Nursing Week, many of them hosted at their place of work. These networking events, lectures, and other activities give nurses the chance to reflect on their profession — where it came from, where it is now, and where it's going.

"Nurses work with people of all ages, backgrounds, and levels of health, in all kinds of different settings," Mildon says. "Theirs is a complex role. National Nursing Week is one more way we can recognize them for the professionals they are."

CHRIS EDWARDS

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The Pittsburgh Penguins celebrate Chris Kunitz's overtime goal against goalie Evgeni Nabokov and the New York Islanders in Game 3 of their Eastern Conference quarter-final series on Sunday in Uniondale, N.Y. The Penguins won 5-4. BRUCE BENNETT/GETTY IMAGES

Pens' power play punishes Islanders

NHL playoffs. Kunitz scores winning goal in overtime as Pittsburgh capitalizes on man-advantage

Game 3

Penguins	Islanders
5	4

The Pittsburgh Penguins bounced back from their home disappointment and dished out their fair share to the suddenly shocked New York Islanders.

All it took was Sidney Crosby and a very powerful power play to do the trick.

Chris Kunitz scored his second man-advantage goal of the game 8:44 into overtime, off the third assist of the day by Crosby, and the Penguins rode a slew of ups and downs Sunday en route to a 5-4 victory over the Islanders that gave top-seeded Pittsburgh a 2-1 lead in the first-round playoff series.

The Islanders came in still enjoying the positive effects of their 4-3 comeback win on Friday in Pittsburgh that gave them a surprising split of the first two games of the Eastern Conference series.

Game 4 is Tuesday on Long Island.

Crosby, playing his second game after missing a month because of a broken jaw, drew the decisive penalty against Brian Strait, who held the Penguins captain as he drove to the net 33 seconds before the winning goal.

"He kind of wrapped me up," Crosby said. "I pulled up looking for someone. I didn't see anyone so I thought I would take it to the net.

"We were hoping we could get it done quickly."

The Penguins went 3-for-5 on the power play and yielded Kyle Okposo's short-handed goal, but held New York scoreless on its three advantages.

"We had our chances. They scored on the power plays and we didn't," said Islanders coach Jack Capuano, who declined to comment on the officiating. "You always talk about special teams being a big factor, and that was the difference."

THE ASSOCIATED PRESS

NHL playoffs

Zucker lifts Wild to OT win over Hawks

Jason Zucker scored at 2:15 of overtime to give Minnesota a 3-2 victory over the Chicago Blackhawks on Sunday, pulling the Wild within 2-1 in the Western Conference quarter-final series.

Zach Parise scored for the Wild early in the third period, but Duncan Keith got one back for the Blackhawks with 2:46 left in regulation to force the second overtime in three games of this best-of-seven series. Pierre-Marc Bouchard also scored for the Wild, while Johnny Oduya tallied Chicago's other goal.

THE ASSOCIATED PRESS

World championship

Swiss expose holes in Canada's game

Lindy Ruff was left wishing for selfishness from his talented Canadian forwards Sunday at the IIHF World Hockey Championship.

Too much passing and not enough getting the puck on net in regulation were the root causes of a 3-2 shootout loss to Switzerland.

Canada passed the puck around for 34 seconds with an extra attacker and never got a shot away during a delayed penalty early in the second period. Switzerland intercepted a pass to kill the play. That was a snapshot of Canada's loss.

The Canadians mustered just three shots on Martin Gerber in the first period and 21 during regulation. The former NHL goaltender stopped Matt Duchene for the win after Reto Suri scored his second of the shootout on Canada's Mike Smith. THE CANADIAN PRESS

Gaydosh no longer in control of draft fate

Linden Gaydosh accepts the Peter Gorman trophy as rookie of the year in 2009. THE CANADIAN PRESS FILE

Linden Gaydosh is used to being in control.

For four years, the Calgary Dinos' six-foot-three, 314-pound defensive tackle routinely was able to impose his will on the football field. Then this off-season, the native of Peace River, Alta., had ultimate influence on his workout results before CFL officials, as well as his conduct in the one-on-one interviews afterwards.

But now Gaydosh finds himself in unfamiliar territory. He has no control over where he'll be taken Monday in the CFL draft.

"At this point it's all out of my hands," Gaydosh said. "That (indecision) has been tough.

"I really don't know what I'm getting myself into and what's going on just yet. I can't wait until the draft when I know for sure."

Gaydosh won't have to wait long as he's the decided favourite to go first overall. What city he'll call home, though, still remains unclear.

Hamilton has the No. 1 selection and is certainly interested in Gaydosh, flying him in Friday for a meeting with head coach/GM Kent Austin and the club's brass. That was a day after the Ticats sat down with Dinos linebacker Mike Edem, another projected first-round selection.

But at least three other clubs — Winnipeg and reportedly Toronto and B.C. — have approached the Ticats about trading for the first overall pick.

Austin said Friday he's willing to listen to other GMs and wouldn't be against trading the No. 1 selection if the right deal came along.

Gaydosh admits he's flattered to be mentioned as a potential No. 1 pick and if he goes first overall he'll enjoy allowing his family to revel in it. But he says it won't consume him.

"I know it's just an opportunity," he said. "It's not a guarantee." THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You have nothing to prove and nothing to feel bad about, so don't even think of trying to explain yourself to those who don't approve of your aims or your methods. What do you care what they think!

♉ Taurus
April 21 - May 21
It is a fact of life that some people rub you up the wrong way no matter how hard you try to like them. You will have to deal with such a person today.

♊ Gemini
May 22 - June 21
You seem to believe that a friend has let you down and you are so annoyed that you may even be thinking of cutting your ties with them. Don't! According to the planets it's all a big misunderstanding.

♋ Cancer
June 22 - July 23
If you feel less than motivated as the new week begins then don't force yourself to do things you know you won't enjoy. Not even a Cancer can be on top form all the time.

♌ Leo
July 24 - Aug. 23
Whatever you do today make sure you do it to the very best of your abilities. If you don't you could draw the unwelcome attention of someone in power. Think of your reputation: make a good job a brilliant one.

♍ Virgo
Aug. 24 - Sept. 23
What took place over the weekend may not have been to your liking but neither was it as bad as you think. This week's aspects are a lot more promising.

♎ Libra
Sept. 24 - Oct. 23
Try not to take life too seriously today. Find ways to see the amusing side in everything that happens. Even the most solemn of situations can be god for a laugh.

♏ Scorpio
Oct. 24 - Nov. 22
The world is full of possibilities but you seem determined to focus on the negative things. Why is that? Whatever the reason you need to snap out of it fast. Opportunities are everywhere.

♐ Sagittarius
Nov. 23 - Dec. 21
You will have to put up with an annoying person today, the kind of person you would usually cross the road to avoid. Try listening to what they have to say – they know something you should know too.

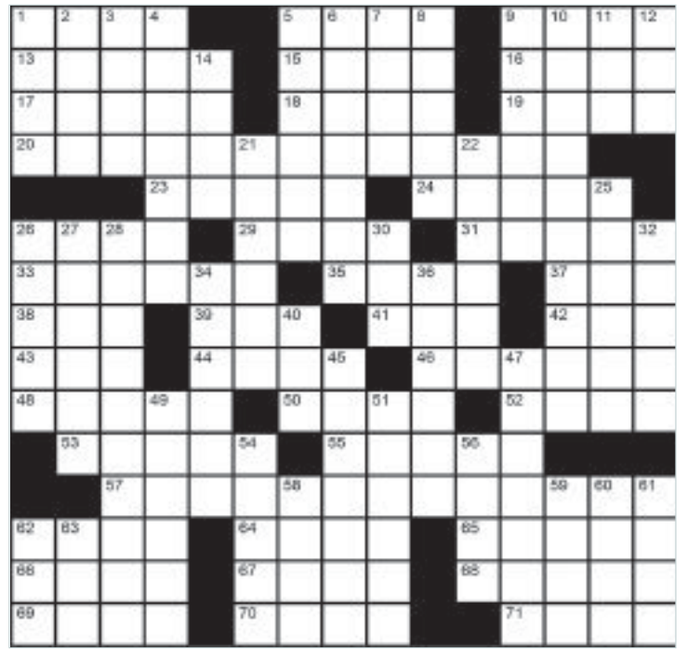
♑ Capricorn
Dec. 22 - Jan. 20
There is no point trying to get approval for what you intend to do this week. Have the courage to go for it no matter what other people might think or say.

♒ Aquarius
Jan. 21 - Feb. 19
What you think is important is really of no importance of all, so stop obsessing about it and turn your attention to more positive things. No matter what the "experts" say nothing bad is going to happen.

♓ Pisces
Feb. 20 - March 20
You may be tempted to give up on something that looks incredibly hard but you will regret it if you do. The approaching eclipse will sweep away all your doubts by the end of the week. SALLY BROMPTON

Crossword: Canada Across and Down

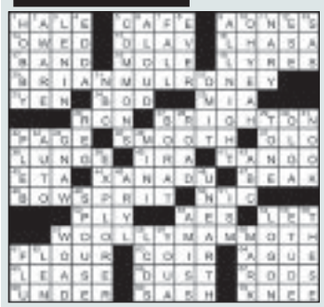
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Suffix with 'Hip'
5. Mr. van Koeverden, Canadian kayaker/Olympian
9. Lovestruck, olde-style
13. Being less diluted
15. Single-named Canadian songstress
16. __ & The Bunnymen
17. "Give ___ ___." (Try)
18. "_ __ you can't guess!"
19. Jazz singing style
20. Canadian __ __ (Annual event of Spring in the capital region)
23. Intended
24. They're called in roll call
26. 'Motor' suffix
29. Purposes
31. Point __ (Canada mainland's most southerly tip)
33. Unkeyed, in music
35. Fashion designer, __ Rabanne
37. Bon Jovi song: "__ Your Hands on Me"
38. Tail: Prefix
39. "__ magic!"
41. Sigma's alphabetic follower
42. "5th __. Girl" (1939) starring Ginger Rogers
43. Guided
44. Young hawks
46. Plants trimmer
48. __-__ (Clark Kent, originally, on planet Krypton)
50. Capri pants, __-length
52. PMs and Prezzes
53. Narrates
55. Mr. Povich of TV talk
57. #10-Down, Canadian __ __
62. Not-well-received movie
64. 'Million' suffix
65. "That's _ ___ thing!" (Definitely)
66. Make clicking noises on the keyboard
67. Shade of blue ...or green
68. MLB Commissioner, Bud __
69. Legis. meeting
70. 'Gen' add-on (Old Testament beginning)
71. Stuff-on-the-beach

Down
1. After gargling, what the dentist says
2. Anti-apartheid activist, Desmond __
3. 'Gen' add-on
4. Regulated routine
5. Extraterrestrials
6. Modern music genre
7. Assist in wrongdoing
8. Montreal morning
9. Like some bagels, __-topped
10. __ & Stewart
11. Smashing Pumpkins co-founder, James __
12. Full amount, for short
14. Skipping __
21. Defective
22. Steam, for example
25. Alan Thicke's "Growing Pains" role, Dr. Jason __
26. Shower sealant
27. "This is _ __!" (Dessert-getter's exclamation)
28. The __ (Canuck band for Deedee, Rooney and Moe)
30. Weekend day, wee-ly
32. Sentinels
34. Danny of "Do the Right Thing" (1989)
36. Mouthwash usage quantity
40. Pouch
45. Warrior of Japan
47. James Joyce's Dublin-set novel
49. Gets married quick-style
51. Snipped-off-of-clothes things
54. 'Cheap' completer
56. Small estuaries
58. Blueberry, and others
59. __-hoop
60. Daughter on "The Waltons"
61. Officially mailed letter, for short
62. Mil. posts
63. Caustic stuff

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1				6				3
7		6		1		9		4
		3	9		5	6		
6								9
			1		6			
2								5
		9	3		1	4		
5		4		9		7		8
3				8				6

Friday's Sudoku

2	4	7	9	3	8	5	6	1
5	6	8	2	1	7	9	3	4
1	3	9	5	4	6	7	8	2
8	9	5	3	2	1	8	4	7
4	8	2	7	6	5	1	9	3
3	7	1	4	8	9	2	5	6
6	2	3	1	9	4	6	7	5
7	1	6	8	5	3	4	2	9
9	5	4	6	7	2	3	1	8

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